REGINA metro®

NEWS WORTH SHARING.

FUTURE OF IMMIGRATION

DAY 5: THE WORLD CAN ONLY SUPPORT SO MANY PEOPLE, AND OBSERVERS SUGGEST THAT WILL MEAN TIGHT CONTROLS ON ENTRY TO CANADA PAGE 8

metro AR USE METRO AR TO WATCH A CLIP FROM THE FEATURE

levene

Join us to learn more about the Levene MBA with specializations in Engineering Management, International Business, the MHRM, and the M Admin in Leadership.

Date: Wednesday, April 23, 2014

Time 5:30 - 7:00 pm

Location: Centre for Management Development, ED 510, University of Regina

Please RSVP to **levene.gradschool@uregina.ca** or phone **306-585-6294**.

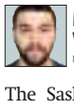
levene.uregina.ca

University of Regina

levene | gsb Kenneth Levene Graduate School of Business

Cracking down on privacy breaches

'Specific offence.' Sask. government supports recommendations to protect sensitive health-care information



MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Saskatchewan Party government is backing recommendations from a working group for stronger protection of sensitive health information.

In a recent report, the Health Records Protection Working Group presses for changes to Saskatchewan health information legislation, calling for a "specific offence" for inappropriate uses of personal health information, an extension of offences to a broader pool of individuals and creation of a system to quickly respond to discoveries of abandoned records.

Another recommendation calls for a strict liability offence in cases of abandoned files, to place the onus on trustees responsible for the records to prove that they took "all reasonable steps" to prevent abandonment.

"(Those four) recommendations would most likely require legislative amendments," Health Minister Dustin Duncan told Metro on Thursday.

"We're going to work through the process now, to be in position to introduce those in the fall."

Gary Dickson, then Saskatchewan's information and privacy commissioner, signalled his concern last June about an absence of penalties called for in the province's privacy legislation for those who fail to protect sensitive information. These sorts of stipulations, he stressed, are common in other jurisdictions.

Diane Aldridge, acting information and privacy commissioner since Dickson left the position, noted that her predecessor "had been pushing for a number of years" for legislation on abandoned patient records and related prosecutions.

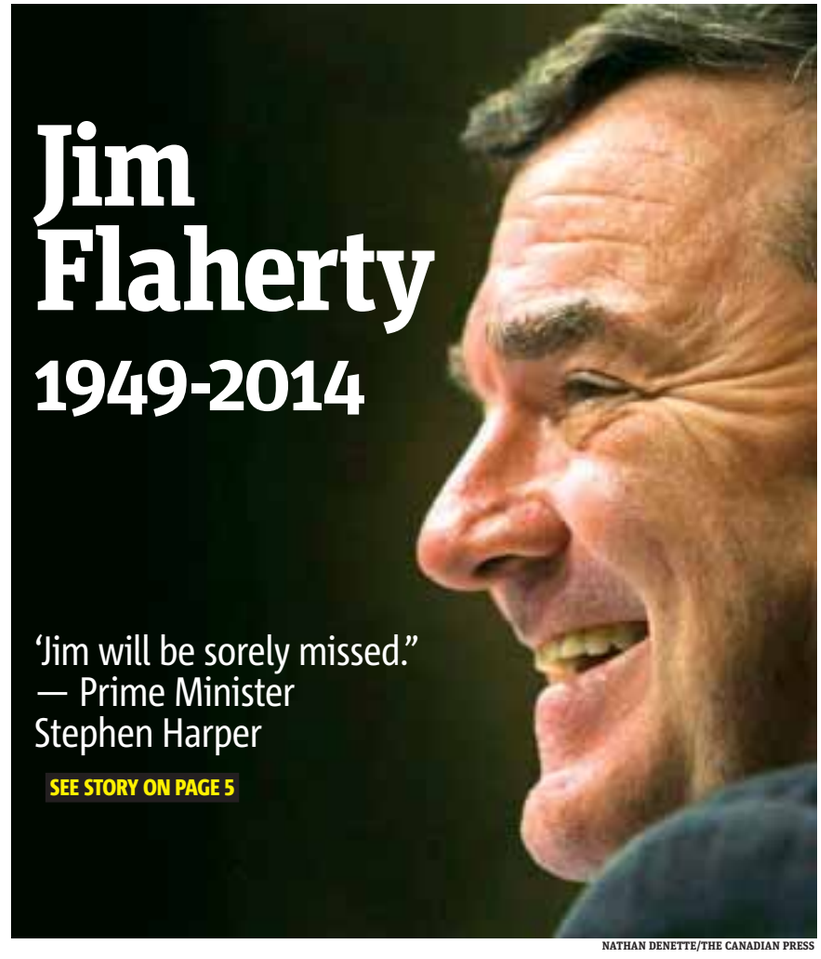
No simple solution

> "(The issue is) pretty complex, and it's not really one that can be resolved quickly."
> Health Minister Dustin Duncan

She added, though, that the new recommendations are "quite broad" in tackling employee "snooping," record retention and other issues, "so we can understand why it's taken some time for them to get to this stage."

Aldridge wants her office to see the draft language on legislation, to allow for feedback. But she doesn't want the process dragged out.

"I would love to see that this is quickly moved forward," she said, "and that there are some strong, clear implementation dates that would provide, I think, more confidence that this thing really is going to happen."



NATHAN DENETTE/THE CANADIAN PRESS

OLD FASHION FOODS
Picture of Health EXPO 2
Friday, April 25th 2014 – 3pm – 9pm and Saturday, April 26th 2014 – 8:30am – 6pm
at the Italian Club 2148 Connaught Street, Regina
FREE ADMISSION* WITH DONATION
LOTS OF PRIZES! GRAND PRIZE VITAMINS FOR A YEAR*
*12 - $50.00 Gift Certificates (one a month for 12 months)
THE 1st. 100 PEOPLE RECEIVE A FREE GIFT!
SPEAKERS EVERY HOUR
Go to: www.oldfashionfoods.com for speakers, topics, dates & times & more information

Offers in effect Thursday, April 10th, to Wednesday, April 16th, 2014 unless otherwise stated, while quantities last

SEARS outlet

Sears Quality....Outlet Prices....*Everyday.*

Tuesday is Seniors' Discount Day
Seniors 55 and Up will SAVE an additional **15%**
off the already reduced prices on all Fashions in the store
When They Use Their Sears Financial™ Credit Card

ALL MEN'S & WOMEN'S NEVADA® JEANS
BUY ONE AT OUR OUTLET PRICE
& GET THE 2ND FOR ONLY **$5 ea.**
Second item must be of equal or lesser value

FOOTWEAR BLOWOUT!
Save an additional **30% Off**
Our already reduced prices on all Women's & Children's FOOTWEAR

New Arrivals of SPRING FASHIONS
$9.72 - $14.72 ea. or Less
INCLUDES SELECTED SPRING FASHIONS & FOOTWEAR FOR THE ENTIRE FAMILY
1000s of items Arriving Daily!

Save an additional 30% Off DUVET COVERS
Our already reduced prices on all

New Arrivals of *LAWN MOWERS* at Low Outlet Store Prices

New Arrivals Daily of MATTRESSES, UPHOLSTERED & WOODEN FURNITURE
UP TO **60% Off** Off Sears Original Prices

Kenmore FRONT LOAD WASHER
NEW-IN-A-BOX
#49157 Grey
Was $1199.99
Then $699.94
Save an Additional $200
& Pay Only **$499.95 ea.**

Save 30% ON ALMOST ALL FRIDGES
Priced Over **$1000** before taxes
Excludes all items with Yellow Starbursts, Red Penned & Red Clearance Tags

Save 20% On Almost All RANGES
Priced Over **$1000** before taxes
Excludes all items with Yellow Starbursts, Red Penned & Red Clearance Tags

Sears Outlet Store
1908 7th Ave.
Regina SK

Store Hours
Monday - Friday 9:30 am - 9 pm
Saturday 9:00 - 6 pm
Sunday & Holidays 11am - 5 pm

Sears Catalogue Shopping
Ask About ship-a-gift
www.sears.ca
1-800-267-3277 (24hr)

†Sears® Financial™ MasterCard® Sears Financial™ Voyage™ MasterCard® or Sears Card offers are on approved credit. Personal shopping only. Savings offers do not include Parts & Service or Sundry Merchandise, Items with #195XXX & Sears 'Value' Programs with prices ending in .97. All merchandise sold "as is" and all sales final. No exchanges, returns or adjustments on previously purchased merchandise; savings offers cannot be combined. No dealers; we reserve the right to limit quantities. Prices do not include home delivery. Although we strive for accuracy, unintentional errors may occur. We reserve the right to correct any error. 'Reg.', 'Was' and 'Sears selling price 'refer to the Sears Catalogue or Retail store price current at time of merchandise receipt. Sears® MasterCard, Sears Voyage MasterCard or Sears Card offers are on approved credit. Sears® and Voyage™ are reregistered Trademarks of Sears, licensed for use in Canada.®/™ MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. Sale priced merchandise may not be exactly as illustrated. Offers valid at Sears Regina Outlet Store shown only. For other hot deals, visit the Outlet Site at www.sears.ca/outlet© 2014 Sears Canada Inc.

Chrysler Intrepid

Police search for suspects following arson with stolen car, attempted theft of another vehicle

Regina police are looking for two suspects following an arson involving a stolen car and an attempted theft of a second vehicle on Thursday.

Police responded to a fire in a back lane on the 2300-block of Elphinstone Street where they found a 1997 Chrysler Intrepid in flames. The car had been reported stolen from a home on the 100-block of Toronto Street North on Wednesday night, police said.

Firefighters extinguished the blaze, which had caused extensive damage to the vehicle as well as to a garage and a garbage bin.

Around the same time, two suspects were seen attempting to steal a vehicle on the 2400-block of Garnet Street. The vehicle's window was smashed and its ignition was damaged.

The suspects — a man wearing a dark hat and baggy jeans and an individual of uncertain gender wearing a brown and orange jacket — ran from the scene, police said.

"We've been dealing with stolen vehicles for many years, and it's common where one stolen vehicle is left abandoned, then another one is stolen very near — like in this case," said police Staff Sgt. Bob Koroluk.

Both suspects are believed responsible for setting the stolen Intrepid on fire. SARAH TAGUIAM/METRO

Ring around the Regina Co-operators Centre

Competing players chase the ring on their knees as action heats up in a game between the Edmonton Elite and Team British Columbia at the Canadian Ringette Championships at Regina's Co-operators Centre on Thursday. The Edmonton squad, wearing the dark blue uniforms, had just scored to take a 1-0 lead in the UC-19 AA match before the photograph was taken. The championships, covering three divisions, began on Monday and will wrap up with gold medal games at the Co-operators Centre on Saturday. SARAH TAGUIAM/METRO

Keep Lean out of schools, NDP urges

Cost-cutting. Province brings controversial initiative — long used in health care — into education system

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The opposition New Democrats are calling for the Saskatchewan Party government to reverse course and halt any further attempts to implement a controversial consulting scheme in the education sector.

NDP education critic Trent Wotherspoon wants the province to cancel any additional dollars to Lean consulting programs in its education sector plan to be unveiled on Friday.

"We're calling for the government to not get distracted with this costly Lean agenda," Wotherspoon told Metro on Thursday.

"What they need to do is put the dollars in the front line of education."

Education Minister Don Morgan, however, said the province is using "some Lean methodology" to find savings in its plan to build nine schools through a public-private partnership.

He said the project's high price tag makes efficiencies much more important.

"It's a major investment for the province — hundreds of millions of dollars will be spent on the schools," Morgan explained.

"We want to use every efficiency tool as we develop the process."

Wotherspoon acknowledged that the management scheme might have success in large production-centred industries, but stressed that it won't translate well to education because of the diverse needs of students.

"Unlike the companies that have used Lean, students don't come off a production line. We don't have the ability to recall students five or 10 or 20 years down the road," Wotherspoon said in reference to Lean practitioner Toyota, which recently announced a recall of close to six million vehicles around the world.

Uh-Oh... Better Get Maaco COLLISION REPAIR & AUTO PAINTING® CANADA'S BODYSHOP™

✓ Full Collision Repair
✓ Small Damage Repair
✓ Auto Painting Specialists

Courtesy cars provided by enterprise
Courtesy cars available by appointment for all insurance claims and regular retail prices.

I-CAR GOLD CLASS
2012 ABEX WINNER Service Category

SGI SGI ACCREDITED

BUSINESS HOURS
Monday - Friday: 8:00 am - 5:30 pm
Saturday: 10:00 am - 1:00 pm
Closed Long Weekends

2330 7th Avenue
565-2650

FOR A FREE ONLINE ESTIMATE VISIT US AT www.maaco-reginaca.com

Maaco Collision Repair & Auto Painting® are independent franchises of Maaco Systems Canada Inc. and are privately owned and operated.

SPRING CLEANING SALE

MACKENZIE
PLUMBING & HEATING

Serving the Regina community since 1985

For all your Duct Cleaning, AC and Furnace Tune Up needs!

MacKenzie AC Platinum Package

Beat the heat and have your air conditioner running at peak performance this summer!

- Certified MacKenzie 17 Point Air Conditioner Inspection
- MacKenzie TORA-VAC Duct Source Cleaning
- MacKenzie No Breakdown Guarantee

Regular ~~$689~~, ***NOW $488***

MacKenzie Furnace Platinum Package

Your furnace has been working hard this past winter to keep you warm. Show it some love with our:

- Certified MacKenzie 28 Point Furnace Inspection
- MacKenzie TORA-VAC Duct Source Cleaning
- MacKenzie No Breakdown Guarantee

Regular ~~$689~~, ***NOW $488***

Complete MacKenzie Diamond Package

Our MacKenzie Tune-Ups are designed to keep your system running longer and more efficient, saving you money!

Regular ~~$850~~, ***NOW $599***

Includes:

- Certified MacKenzie 28 Point Furnace Inspection
- Certified MacKenzie 17 Point Air Conditioner Inspection
- MacKenzie TORA-VAC Duct Source Cleaning (one system)
- MacKenzie No Breakdown Guarantee

Offers Expire May 15, 2014

Call **306-522-0777** today to schedule your appointment!

No Breakdown Guarantee
When our technician has completed the required maintenance for your heating or cooling system, and verified the proper operation of your system, we will "certify" the system. If you experience a breakdown the following season, we will full refund or credit your repair.

www.MackenziePlumbing.com

Province unveils list meant to help newcomers

Fighting scammers. Licensing consultants part of move to crack down on those taking advantage of immigrants

Keshav Sharma, right, his wife Savi and their 10-month-old son Raghav met with Premier Brad Wall at the legislative building last fall. The family from India was among about 20,000 people who moved to Saskatchewan within the past year. METRO FILE

The Saskatchewan government says it's trying to protect newcomers to Canada from scams by licensing immigration consultants and recruiters.

The province has published a list of those who can provide services to employers, potential immigrants and foreign workers under the Foreign Worker Recruitment and Immigration Services Act.

Economy Minister Bill Boyd says the move is about making sure people are treated properly and fairly.

"I recall seeing some of the situations where people were charging an exorbitant amount to help them get a driver's licence, for example. That's just wrong," Boyd said on Thursday.

"People here would understand that there's not much to it to go through a driver's licence process, so we want to make sure that people aren't being taken advantage of."

Boyd says about 250 recruiters and consultants went through a screening process to become licensed, which included a background check to see if there were any complaints against them.

More than 48,000 immigrants have arrived in Saskatchewan since 2007.

THE CANADIAN PRESS

Crime

Stabbing leads to attempted murder charges for Regina man

An 18-year-old man has been charged with attempted murder following a stabbing in Regina early Wednesday morning. At about 1:30 a.m., city police responded to a noise complaint on Sangster Boulevard and found a 25-year-old man suffering a stab wound, police said.

The victim was taken to hospital with life-threatening injuries and is recovering. Tristan Michael Brass-Hillman was taken into custody and later charged with attempted murder.

METRO

Municipal

Ituna residents still waiting for water

People in a small Saskatchewan town are going to have to wait a little longer for clean running water. Ituna's water reserves dried up after a water main break happened nearly two weeks ago. Mayor Joe Garchinski says the break was repaired but a new pump was also needed. When one couldn't be found in Canada, a pump was ordered from the United States, but it got held up at the border. He says the device recently arrived and should be moving water by Friday. But he says a boil water advisory will remain in effect for about three days so the water supply can be tested.

THE CANADIAN PRESS

Energy

Land sales for petroleum, natural gas pass $98.6M this year

Crown petroleum, natural gas and oil shale land sales are pumping more money into Saskatchewan government coffers. The province says the April sale of petroleum and natural gas rights brought in $47.9 million in revenue, bringing the total of the first two sales this year to $98.6 million. The government says that amount passes the $67.4 million in land sales in all of last year. Sales in the Weyburn-Estevan area were the highest at $42.8 million, followed by the Lloydminster area at $2.3 million.

THE CANADIAN PRESS

‘Today is a very sad day’

Jim Flaherty. Death of former finance minister stuns Parliament Hill

Finance Minister Jim Flaherty receives a standing ovation from Health Minister Tony Clement, left, and other caucus members as he tables the federal budget in the House of Commons on Parliament Hill in 2006. TOM HANSON/THE CANADIAN PRESS

Jim Flaherty died suddenly Thursday at age 64, less than a month after retiring from his post as Canada’s finance minister.

Flaherty, who spent eight years in the role, had been ill for some time, though that was not cited as a reason for his resignation.

The news rocked the House of Commons, as politicians mourned the loss of a finance minister who trudged through a financial crisis and recession and balanced the once rocky Canadian budget.

“Today is a very sad day — for me, for our government and for all of our country. I learned a short time ago that our colleague, my partner and my friend Jim Flaherty has passed away suddenly today,” Prime Minister Stephen Harper told MPs in a Parliament Hill committee room with his wife Laureen in tears by his side.

“This comes as an unexpected and terrible shock to Jim’s family, to our caucus and to Laureen and me.”

Question period was suspended Thursday after the news broke. The usually raucous chamber was in a lull, with politicians hugging, crying and mourning together.

“It was very, very sombre, sad, but shocking, obviously,” said NDP MP Paul Dewar, adding that, unlike other finance ministers, Flaherty brought a certain levity to the usually stressful environment. “He had that twinkle in his eye and he had a great sense of humour that brought something to the House of Commons and the politics, which is all too often not there.”

Foreign Affairs Minister John Baird expressed his condolences in a written statement Thursday, calling Flaherty a “good friend and colleague for over two decades.”

“Jim was a mentor to me throughout my time at Queen’s Park from a very young age,” wrote Baird. “I could always rely on Jim to be a devout friend through tough times, and an encouraging figure through good.”

Former Parliamentary Budget Officer Kevin Page, now a professor at the University of Ottawa, spent extensive time on the job with Flaherty and although the two butted heads on several issues, Page acknowledged how good a finance minister Flaherty was.

“It’s a loss for the country for sure,” said Page. “It’s just an exhausting job, but he certainly rose to the occasion.”

Flaherty’s family offered a statement before asking for privacy.

“We appreciate that (Flaherty) was so well supported in his public life by Canadians from coast to coast to coast and by his international colleagues,” it said.

TREVOR GREENWAY AND JOE LOFARO/METRO IN OTTAWA, WITH FILES FROM TORSTAR NEWS SERVICE

Quoted

“I could always rely on Jim to be a devout friend through tough times, and an encouraging figure through good.”

Foreign Affairs Minister John Baird, in a statement expressing his condolences.

Brazeau arrested on charges of assault, cocaine possession

Suspended senator Patrick Brazeau pleaded not guilty on Thursday to several charges, including assault and cocaine possession.

Police arrested the 39-year-old in Gatineau, near Ottawa, at around 4 a.m. Thursday following a domestic assault call. Police say they arrived to find Brazeau and a woman in a “physical altercation.” A 50-year-old man was also at the house.

Brazeau was charged with two counts of assault, uttering death threats, cocaine possession and breach of conditions. He briefly appeared in court wearing handcuffs. He did not look at reporters.

He also has one charge of assault and one charge of sexual assault outstanding from 2013.

Brazeau was to be held in custody overnight and was due to reappear in court Friday morning for a bail hearing.

Crown prosecutor Sylvain Petitclerc said he asked to keep Brazeau in custody to assure the safety of others and because he breached bail conditions.

“We cannot just let him go free as a bird like that,” he said, adding that depending on the bail hearing, Brazeau could be kept in custody again or be released with certain conditions.

A huge pile of what appeared to be Brazeau’s belongings were strewn all over the back door of his girlfriend’s house, including photographs, his Certificate of Indian Status card, clothing and CDs.

LUCY SCHOLEY/METRO IN OTTAWA

Patrick Brazeau is escorted into the Gatineau Court House on Thursday.
SEAN KILPATRICK/THE CANADIAN PRESS

Trade in your old phone ▶ Upgrade to a new phone ▶ Get Paid up to $250 store credit

SaskTel AUTHORIZED DEALER

it’s as simple as that!
*Some conditions apply. See store for details.

PRAIRIEMOBILE COMMUNICATIONS

Millard now also facing charges in his father's death

First-degree murder charges. Toronto man already accused in Tim Bosma's case

A Toronto man accused of killing a Hamilton father who disappeared after taking a pair of prospective buyers for a test drive has now been charged with murder in the death of his own father and another woman.

Dellen Millard has been charged with first-degree murder in the deaths of Wayne Millard and Laura Babcock, with whom Dellen was romantically linked, Ontario provincial police said Thursday.

Mark Smich is also charged with first-degree murder in Babcock's death.

Dellen Millard
CONTRIBUTED

Officers have "attended and spoken with the Babcock family," Toronto police Staff Insp. Greg McLane said in a news conference.

"We'd ask that the victims' families be afforded privacy during these very, very difficult times."

Millard's lawyer, Deepak Paradkar, would not comment on the new charges but said he would "defend the case zealously."

He had previously dismissed any connection between the three cases as speculation.

Millard, 28, and Smich, 26, are charged with first-degree murder in the death of Tim Bosma, who vanished May 6, 2013 after leaving home in his pick-up with two men. He had posted the truck for sale online.

His remains were found about a week later burned beyond recognition at a southwestern Ontario farm belonging to Millard.

TORSTAR NEWS SERVICE

Leadership not in sight. Yet.

Blamed in some quarters for derailing the Parti Québécois campaign, newly elected MLA Pierre Karl Peladeau walks into the PQ special caucus Thursday in Quebec City. He says "it's too early" to talk about him seeking leadership of the party. JACQUES BOISSINOT/THE CANADIAN PRESS

Syria

Civilian food crisis at its worst: UN

The United Nations says the food crisis facing displaced Syrian civilians has now reached the worst-case scenario, with no end in sight.

That is forcing the UN World Food Program to cut food distribution by 16 per cent this month to millions of internally displaced people and refugees after a 20 per cent cut in March, said Muhannad Hadi, the agency's emergency coordinator for Syria.

This comes as more people than ever before are solely dependent on the agency to feed them. The WFP predicts its desperate client list — from inside Syria and neighbouring countries — to grow from 5.8 million to seven million by year end, said Hadi.

"From day one, we have prepared ourselves for the worst-case scenario, but the fact is we never though the worst-case scenario would be for so long," Hadi said. THE CANADIAN PRESS

RONA
We are Hiring!
Regina – Prince Albert – Saskatoon
FULL TIME – PART TIME – SUMMER POSITIONS AVAILABLE
Apply to in person or online to one of the following stores:
RONA Regina – srh.63840@rona.ca
RONA Saskatoon – srh.63650@rona.ca
RONA Prince Albert – srh.63600@rona.ca

RONA offers: Flexible hours, On going training, Product Discounts, Career Opportunities, Safe Working Environment, Scholarships

Contractor Sales Sales Management *Paint & Décor * Plumbing * Lumber & Millworks * Electrical * Cashiers Customer Service * Flooring * Tools & Hardware *Night Crew* Garden Center * Seasonal * Lumber Yard * Shipping *

Build Your Future with RONA

APRIL IS CANCER AWARENESS MONTH

REDUCE YOUR RISK

In Canada, one in nine women will be diagnosed with breast cancer in their lifetime and one in twenty-nine women will die from the disease.

There are risk factors out of your control, but you can control your lifestyle risks.

For more information, cbcf.org/prairies

Canadian Breast Cancer Foundation PRAIRIES • NWT

Morgentaler Clinic to close this summer

New Brunswick.
Controversial abortion clinic set to close, citing a lack of funds

The contentious issue of abortion in New Brunswick arose Thursday after the Morgentaler Clinic in Fredericton said it will close at the end of July, a decision the facility's manager said was the result of the province's refusal to fund the procedure at clinics.

Simone Leibovitch said the clinic, which has been in operation for 20 years, has been providing abortions even though it has lost about $100,000 over the last decade.

"Dr. Morgentaler's policy was always such that no woman would ever be turned away from having an abortion, and we followed that policy," Leibovitch told a news conference.

"The reality is we can't continue to stay open and provide abortions that are not publicly funded. It's impossible."

Abortion isn't covered by medicare in the province unless two doctors certify in writing that it is medically necessary. In addition, it must be performed by a specialist in an approved hospital.

"As far as I'm concerned, the solution to this problem is up to the government of New Brunswick," Leibovitch said. "They need to repeal Regulation 84-20. It is a barrier to health care. It's always been a barrier to health care."

The regulation was introduced in 1984 and has been a source of controversy. In 2002, Dr. Henry Morgentaler launched a lawsuit in a bid to force the provincial government to pay for the procedure at clinics. The case has been in limbo since Morgentaler died last May.

New Brunswick Health Minister Hugh Flemming refused to comment on the matter, citing the court proceedings.

In the legislature, Liberal Opposition Leader Brian Gallant said he is pro-choice and called on the government to study the issue of access to abortion.

Jula Hughes, a law professor at the University of New Brunswick and a supporter of the Morgentaler Clinic, said she fears women will look for less reputable places to terminate a pregnancy once the facility shuts down. "That would just be horrific beyond contemplation," she said. THE CANADIAN PRESS

A victory for protesters

Students in Taiwan protesting against a trade pact with China cheer after receiving assurances that the pact, which they see as endangering the island's autonomy, would be reviewed. Thursday saw the end to the protesters' 24-day occupation of Taiwan's Parliament. CHIANG YING-YING/THE ASSOCIATED PRESS

Nigeria

Child bride kills groom and friends

A child bride forced into marriage in Nigeria killed a groom and three of his friends with a poisoned meal, police said Thursday.

Fourteen-year-old Wasila Umaru was married last week to 35-year-old Umaru Sani, according to assistant superintendent Musa Magaji Majia.

Over the weekend, the groom invited a dozen friends to celebrate at his village. Umaru told police she bought rat poison at a village market and used it to prepare a dish of rice.

"The suspect confessed to committing the crime and said she did it because she was forced to marry a man she did not love," Majia said.

The groom and a friend died the same day. Two other victims died later in the hospital. Umaru is co-operating with police and likely will be charged with culpable homicide, Majia said.

According to the UN children's agency, 50 per cent of Nigerian girls in rural areas are married before they turn 18.

THE ASSOCIATED PRESS

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any ON&GR or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). ^ Until April 30, 2014, lease a new 2014 F-150 Super Crew XLT 4x4 and get 1.49% APR for up to 24 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above with a value of $31,800 at 1.49% APR for up to 24 months with $1,950 down or equivalent trade-in, monthly payment is $299, total lease obligation is $8,126, optional buyout is $22,362.99. Cost of borrowing is $1,630.99 or 1.49% APR. Taxes payable on full amount of lease financing prior after Total Price adjustment (of $7,750 in manufacturer rebates, $750 accessory cash alternative, and $1,100 in Ford credit cash) has been deducted. Offers include freight and air tax $1,800, licence, fuel fill change, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. A charge of 16 cents per km over mileage restrictions applies, plus applicable taxes. ^^ Estimated fuel consumption ratings for the 2014 F-150 4X4 5.0L V8 6-Speed Auto). Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. † F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales reports, up to December, 2013. ± Offer valid from March 1, 2014 to April 30, 2014 (the "Program Period"). Receive CAD$1,000 towards select Ford Custom truck accessories, excluding factory-installed accessories/options ("Accessory/ies"), with the purchase or lease of a new 2013/2014 Ford F-150 (excluding Raptor) or Super Duty (excluding Chassis Cab) (each an "Eligible Vehicle") delivered or factory-ordered during the Program Period (the "Offer"). Offer is subject to vehicle and Accessory availability. Offer is not redeemable for cash and can only be applied towards eligible Accessories. Any unused portions of the Offer are forfeited. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. ** Offer only valid from March 22, 2014 to April 30, 2014 (the "Program Period") to Canadian resident customers who own or are currently leasing (during the Program Period) a Ford or Lincoln Pickup Truck (F150, F250-450, Ranger, Lincoln Mark LT, Lincoln Blackwood) (each a "Qualifying Loyalty Model"), or any competitive pickup truck with a pickup bed (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new 2013/2014 F-150 (excluding Raptor, XL 4x2 Value Leader, and 2014 F-150 SUPERCREW XLT 4X4 package 300A) (each an "Eligible Vehicle"). Qualifying customers will receive (CAD$1,000 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model for the previous 3 months and the ownership/registration address must match the address on the new Buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before Incentive is deducted. †† Offer valid from April 1, 2014 to April 30, 2014 (the "Offer Period") to Canadian residents who purchase finance or lease (during the Program Period) a new 2014 F-150 SuperCrew XLT 4x4 (300A) (the "Eligible Vehicle") and finance through Ford Credit Canada Limited will receive CAD$1,300 (the "Offer"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Offer per each Eligible Vehicle purchase or lease. Taxes payable before Offer amount is deducted. Not combinable with BFT Loyalty/Conquest offer. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2014 Ford Motor Company of Canada, Limited. All rights reserved

Immigrants: Canada's 150th birthday and beyond

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Newcomers. Ready to shape the future, even if number of people arriving slows

SCOTT TAYLOR
Metro in London, Ont.

What will Canada look like in 2017 as it becomes 150 years old? What will it look like beyond that?

The tide of immigration will continue, but some think the flow will become more of a trickle as the years pass.

"I think it's a fair assumption to think that there will be a lower level of immigration than the current level," said Western University sociology professor Roderic Beaujot.

Politicians may say Canada needs immigration "especially at election time," Beaujot said. But, the problem is, demographers and economists aren't necessarily preaching the same message, he said.

Beaujot also sees the need to stem population explosions around the world as having an adverse effect on immigration.

"The world can't sustain this continuous growth that we have," he said. "The population has to live within the ecology. For that alone, it may slow down."

Such thoughts are worlds away for two young women, who recently became Canadian citizens.

Paula Garcia's family came to Canada from Colombia seven years ago. Soon, the 23-year-old university student will be able to give back to the country that took her in, all while fulfilling a dream of her own. SCOTT TAYLOR/METRO

Paula Garcia's family came to Canada from Colombia seven years ago. Soon, the 23-year-old university student will be able to give back to the country that took her in, all while fulfilling a dream of her own.

She plans to be an elementary school teacher, in part, because she wants to offer children the best possible future.

"I love kids, so that's what I thought would be the best thing for me," she said. "I have the possibility to do this here now."

The citizenship ceremony, Garcia said, was wonderful, and while the test she had to pass to get there was difficult, it was fair. She earned an A.

She was one of 62 people who became citizens at a March 26 ceremony in London, Ont.

Maria Qureshi, 32, originally from Pakistan, was there too.

She held a small Canadian flag in her hand and had a smile on her face, after taking the oath. "It's like nervous excitement," she said. "I had tears in my eyes when they first announced that we're citizens, and I loved the judge's speech. It was amazing."

Citizenship Judge Normand Vachon quoted inspirational leaders such as Nelson Mandela, Mother Teresa and Mahatma Gandhi in his welcoming speech to the new Canadians.

Qureshi said the long wait for that day was difficult, but boasted that she too aced the citizenship test. "I studied extra hard for it, and I took it really seriously," she said proudly. "So I scored full marks on it."

In Canada, she said she hopes for a better future because she has a better chance of being successful.

That was the common thread among many at the ceremony.

They just want a fair chance to forge a good life for themselves, their children and, of course, to be key players in the Canada of tomorrow. That's what Vachon urged them to do.

He told them to find a job, keep a job, make sure their children are clothed, fed, warm and in school. He suggested they get to know their neighbours and become active, along with knowledgeable, in politics.

Perhaps most importantly, he told them to make this country better than it was when they found it.

Research

A Statistics Canada paper says one of three situations, all depending on a number of factors and formulas, will play out for immigration through 2036.

- **Low projection**: Six immigrants per thousand population each year; would be the lowest rate recorded since early 1990s.
- **Medium projection**: 7.5 immigrants per thousand population each year; matches the average annual immigration rate for early 1990s to late 2000s.
- **High projection**: Nine immigrants per thousand population each year; matches highest rate recorded since 1991.

Offering their take

Looking into the future

Here's what some of the people Metro talked to over the past five days said about where they've come from and what they hope to see in coming years.

Jaime Martinez

Jamie Martinez (from Colombia): "The first thing that we need to do is to have equity here. It means if the population of Colombians is two per cent (in Canada), every company needs to have two per cent Colombians working there."

Shirley Edwards

Shirley Edwards (from United Kingdom): "It takes a number of years to settle and integrate into a new country. Be patient, though. Know that when you need support (you can) ask for it (and) it will come. That's what community is for. That's the Canada we now call home."

Priscilla Bunke

Priscilla Bunke (From Nigeria): "My hope for the future is to be able to follow my career and help my children achieve their potential in our chosen country."

METRO

Canadian opinion

Young people more open to immigrants: Prof

Freedom, peace, the opportunity to build a better life.

It's simple to see why people from other countries care about immigration and are passionate about its future.

But what about the average Canadian? Is immigration — the influx of people with different ways of doing things — a positive or a negative thing?

Much of it depends on who you're asking, one expert said.

"Judging by the students I meet every year in Ottawa, who come from several parts of the country, the young generation has a more progressive and more open-minded notion (of immigration)," said University of Ottawa Canadian history professor Pierre Anctil.

More rural areas tend to be less accepting, Anctil said. Though there are exceptions to that rule, he added.

SCOTT TAYLOR/METRO IN LONDON, ONT.

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

2.5%

Debankify and save more money.

Earn 2.5% interest* on all new deposits until June 30, 2014 combined across either of these accounts:

- **Interest Plus™ savings account**
- **No fee bank account**

Call 1 888 236 6375, or visit an in-store pavilion to enrol today.

President's Choice FINANCIAL®

That's just good banking.

*How it works: To participate in the offer, you must enrol during the offer period by calling 1 888 236 6375 or speaking to a representative at a President's Choice Financial pavilion or hub. Offer Period: March 24, 2014 to June 30, 2014. Interest First® savings account is also eligible for this offer. Ask for details. The promotional interest rate of 2.50% (the "Promotional Rate") is a combination of the regular annual interest rate on an eligible account, plus promotional interest ("Promotional Interest") paid during the offer period. The Promotional Rate will be calculated during the offer period on the portion of aggregate average daily closing balances across all of a primary account holder's eligible accounts which exceed the aggregate closing balance across the primary account holder's aggregate eligible account(s) closing balance, if any, on March 21, 2014 (the "Additional Balance"). Promotional Interest will be paid in July 2014 into a single eligible account held by a primary account holder. The current regular rate is calculated on the full daily closing balance of eligible account and paid monthly. Rates may change at any time. Offer is non-transferable, cannot be combined with other promotional rate offers, and may be changed or cancelled at any time. Other conditions and restrictions apply. Visit pcfinancial.ca/debankify for the full terms and conditions of this offer and for more information, including current rates, visit www.pcfinancial.ca, speak to a representative at a President's Choice Financial pavilion or hub, or call 1 888 236 6375. President's Choice Financial banking services not available in Quebec. ®/™ PC, President's Choice, PC Financial, President's Choice Financial, and Interest Plus are trademarks of Loblaws Inc. Trademarks used under license. CIBC is a licensee of the marks. President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

See that symbol? It means you can scan the photo below using your Metro News App. Fasten your seatbelt. Free the Children has created a cartoon to let you in on all the We Create Change Tour details.

Pollution in China

Chinese artist Liang Kegang poses with his jar of fresh air in an art gallery in Beijing.
DIDI TANG/THE ASSOCIATED PRESS

Breath of French air fetches $860

Beijing artist Liang Kegang returned from a business trip in southern France with a small item of protest against his home city's choking pollution: a glass jar of clean, Provence air.

He put it up for auction before a group of about 100 Chinese artists and collectors late last month, and it fetched 5,250 yuan ($860).
THE ASSOCIATED PRESS

Road trip to touch 90 cities

We Create Change Tour. Free the Children ambassador Spencer West leading group visiting schools across Canada over 10 weeks

Quoted

"Fifty-seven million children are still denied access to education."
Spencer West

Sure, we've all been on a road trip, but imagine one that sets out to visit 90 cities in 10 weeks — oh, and did we mention it's all to celebrate Canadian students helping other youth around the world to access education?

Starting Friday, Free the Children ambassador Spencer West, along with friends from the band Neverest, 11-year-old activist Hannah Alper and cast members from Degrassi, are visiting schools across the country as part of the We Create Change Tour.

This unique trip is billed as a "mini We Day" — Free the Children's annual event inspiring youth to get involved and make a difference in their community and the world.

"Fifty-seven million children are still denied access to education," said West, who lost both his legs at the age of five. "I've had the chance to speak with young people around the world who dream of changing their lives and the lives of their families through education."

As a sponsor, Metro will follow the tour as it makes its way across the country, with West sharing with readers how students across Canada have inspired him with their efforts to help those who haven't had an opportunity to go to school

Visit metronews.ca to follow our interactive map chronicling West's journey.
METRO

Free the Children ambassador Spencer West, along with friends from the band Neverest, 11-year-old activist Hannah Alper and cast members from Degrassi, will be visiting schools across the country, starting Friday, as part of the We Create Change Tour. Metro will be following the "mini We Day" tour as it makes its way across the country.
CONTRIBUTED

Seeing triple?
maxTV | Internet | PVR
$19.95/mo. for six months*

Bundle & Save | Visit a SaskTel Authorized Dealer or SaskTel Store | 1-800-SASKTEL | sasktel.com

SaskTel Your Life. Connected.™

* Offer ends June 30, 2014 and is for the Basic *maxTV* package including High Speed Plus and HD capable PVR. Available to new *maxTV* subscribers. *maxTV* service is available in certain areas of the province. See sasktel.com for details. Some conditions apply.

Walmart EXCLUSIVE

hometrends

Rollback save $50

Tuscany Wicker 7-Piece Dining Set
All-weather wicker. 6 cushions included. 64" x 40" table. #30861653. **Was $394.**

set **$344**

(Umbrella stand and accessories not included.)

MAINSTAYS

Cranston 6-Piece Dining Set
Tempered glass tabletop, space-saving foldable chairs, umbrella included. #30857170.

set **$85**

Rejoice, it's SPRING!

3 Gallon Beverage Dispenser with Stand
#30796658.

set **$18**

16" x 16" Throw Pillows
#30852670/2/3/4…
or 11.84 each.

Multi **2 for $20**

Zero Gravity Chair
#30864048.
Also available in brown.

each **$38**

BLACK&DECKER

562 sq. in. total cooking area

Porcelain cast iron cooking grates

48,000 total BTUs

Black & Decker 3500 Series BBQ
#30481402.

each **$198**

Wider selection on **Walmart.ca** with free shipping

Wooden Long-Handled Garden Tools
#30543522/47/87...

12.97 each

Schultz Grass Seed
#1606900/30272561.

22.86 each

Schultz Supreme Lawn Soil Plus
#1641541.

4.77 each

Schultz Supreme Green 20-0-5 Turf Fertilizer
#1606919. **Was 11.77.**

Rollback save $4

7.77 7 kg

WEED EATER

5.5 TP 21" Gas Lawn Mower
Includes side discharge, mulching and rear bag. 5 cutting heights. 12" rear wheels. #30838571.

each **$236**

Walmart
Save money. Live better.™

For store hours see Walmart.ca or phone 1-800-328-0402. Select option 2. Advertisement effective **Friday, April 11th to Thursday, April 17th, 2014.**

Items and prices are available only at stores in the distribution area of this advertisement. Advertisement effective **Friday, April 11th to Thursday, April 17th, 2014.** Walmart has great selections available at low prices every day, and we continually strive to lower our costs so that we can bring you more ROLLBACK prices. While it's our intention to have every advertised item in stock, occasionally an item may not be available due to unforeseen difficulties. In such cases, we'll issue you a rain check (at your request) so you may buy the item at the advertised price when it becomes available. Or, if you prefer, we'll sell you a similar item at a comparable price. Rain checks are not available for Clearance or Limited Quantity items, which are available only while supplies last. We reserve the right to limit quantities to normal retail purchases. All items may not be available in all stores. Items may be available by special order in certain locations. If the scanned price of a non-price ticketed item is higher than the shelf price or any other advertised price, you're entitled to receive the first item at no charge, up to a $10 maximum. Prices, selection and availability may vary by store and on Walmart.ca. For terms applicable to online offers, please visit Walmart.ca. Certain items may be subject to additional environmental handling, recycling or disposal fees. The amount and application of such fees vary by product and by province. See store for details.

W6-14-RM

CBC cutting 657 jobs after hit of losing HNIC

The Canadian Broadcasting Corp. said it will cut 657 jobs over the next two years as it deals with a big budget shortfall. PETER POWER/THE CANADIAN PRESS

Budget. The public broadcaster has been dealt serious blows by loss of Hockey Night in Canada and 'hostile' government cuts

The CBC is slashing 657 positions over two years and will no longer pursue broadcast rights to professional sports as it grapples with a massive budget shortfall.

The public broadcaster announced a swath of cuts Thursday that will shave $130 million from its 2014-2015 budget and spur a new mandate "to reimagine itself" as the media landscape changes.

CBC president Hubert Lacroix detailed the news at a town hall meeting for employees that outlined financial challenges including a softened advertising market, disappointing ratings for CBC-TV, "much lower-than-expected" ad revenues from Espace musique and CBC Radio 2, and the loss of NHL broadcast rights to Rogers Media.

"There's no easy way to deliver news like this," Lacroix said in prepared remarks that were posted online moments after his private address.

"I know many of you are sad. I know there will be many questions. We will answer them straight up, both in our Q&A session today, in the meetings that will follow, and as things take shape over the coming days."

Spokesman Ian Morrison, of the watchdog group Friends of Canadian Broadcasting, blamed the budget troubles on "a hostile" Conservative government that reduced the CBC's funding appropriation by $115 million back in 2012.

THE CANADIAN PRESS

Sriracha factory pecked by Irwindale in heated spat

A Southern California city has declared the factory that produces the popular Sriracha hot sauce a public nuisance.

The Irwindale City Council's action Wednesday night gives the factory 90 days to make changes to stop the spicy odours that prompted complaints from some residents last fall. Declaring a public nuisance will allow city officials to enter the factory and make changes if the odours persist after the deadline.

The decision came despite testimony by air-quality experts that progress was being made toward a resolution. The South Coast Air Quality Management District said its inspectors have taken air samples inside the plant, and believed the information gathered should allow the factory and the city to resolve their differences.

Attorney John Tate, who represents Sriracha maker Huy Fong Foods, Inc., said the company had been working with the AQMD on its filtration system since the complaints first arose. He said the company was committed to finding long-term solutions by June 1.

He called the public nuisance declaration a demonstration of "the city flexing its muscle and thumbing Huy Fong in the eye."

A call to Irwindale City Attorney Fred Galante was not immediately returned.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.50¢ (-0.48¢)

TSX 14,308.00 (-127.58)

OIL $103.40 US (-$0.20)

GOLD $1,320.50 US (+$14.60)

Natural gas: $4.63 US (+$0.07)
Dow Jones: 16,170.22 (-266.96)

MILEY DROPS BALL ON FEMALE POWER

THE METRO LIST

Mike Benhaim
metronews.ca

1 **Solidarity.** You know that one relative we all enable? The "victim" that alienates everyone, wants no part of the family, but still feels entitled to financial support as if restitution for their "emotional scars"? We pity them but eventually just stop taking their calls. It's sad. In unrelated news, the Parti Québécois was convincingly defeated in Quebec's provincial election.

2 **Wrecking Ball.** Some think that Miley Cyrus is just a wild child, but she's really a freedom-fighter advocating sexual equality. Cyrus says "Guy rappers grab their crotch all f---ing day and have hos around them... but if I grab my crotch and have hot model b---hes around me, I'm degrading women? ... But I'm part of the evolution of that. I hope." So there it is: Miley Cyrus is the evolution of female empowerment. As well, probably a growing trend of parents home-schooling their daughters.

3 **#MarchMadness.** The NCAA men's basketball finals saw the University of Connecticut Huskies defeat the Kentucky Wildcats. It marked the first time a 7th and 8th seed met in the finals but was no less satisfying. We saw high energy, great dunks, some violent unsportsmanlike conduct, and terrific in-depth analysis. And that was just from the other guys at the bar.

4 **#DayofPink.** This year's "international day against bullying, discrimination, homophobia and transphobia in schools and communities" took place this week with tremendous support. The best hope to deter a bully is to educate them and others about how to deal with them. We can draw from our own experiences as almost all of us can relate to being bullied: Some by the big kid at school, others by their boss, and some by Revenue Canada. (That last one was a cry for help. They're killing me!)

5 **U Conn't beat 'em.** The day after their boys won it all, U Conn's undefeated women's team scored a convincing victory over Notre Dame's also undefeated 'fighting Irish' to bring home the championship. Both teams set new standards for their schools, and for women everywhere. But I can't help think that somewhere at the heart of all this, stands Miley Cyrus. (What? Too much?) #Uconn

6 **Holy week.** Two upcoming religious holidays include Passover for the Jews, and Easter for Christians. Both share a historical bond celebrated with wine and feasts and family members gathering to remind each other of things long forgotten. Like the time they went to a party and woke up at the zoo, lost the family savings in a Ponzi scheme, or declared grandpa mentally incompetent to gain control of his estate. All the while, sharing blessings of peace. Happy holidays!

7 **In memoriam.** The passing of Hollywood icon Mickey Rooney revived reports of elder abuse that left him almost destitute. @peoplemag tweeted: "Mickey Rooney's funeral delayed by family fighting" which prompted George Lopez to tweet "I didn't know Mickey Rooney was Mexican?" That aside, his physical stature never diminished his artistic largesse, and that body of work, not his financial estate, is his true legacy. #RIP

Follow The Metro List on Twitter @TheMetroList

ZOOM

On cloud divine

COURTESY BERNDNAUT SMILDE/RONCHINI GALLERY

Indoor cloud art is mist-ifying

A Dutch artist is taking the creative industry by storm ... with his indoor clouds. Berndnaut Smilde, 35, from Amsterdam, Netherlands, uses a smoke machine and clever lighting to create nimbuses of various shapes in empty spaces. An exhibition of his artworks, Antipode, is now on at London, U.K.'s Ronchini Gallery until June 14.
METRO

Artist's viewpoint

"It always takes awhile to get a cloud where I want it. Their ephemerality is what I like the most. They just appear for a few seconds and then it falls apart."
Berndnaut Smilde, based in Amsterdam

Mystery points to the ominous

Ultimately, "there is a definite ominous element of my work," the artist says, pointing to the clouds' mystifying quality. "There is something ungraspable about clouds, which I think is really interesting," Smilde says.

"For this reason, people have been creating myths and meanings around clouds for centuries," he concluded.
METRO

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on pages 8 and 10 in News, page 15 in Scene, and page 21 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Babies let their taste buds do the talking

ANDREW FIFIELD
metronews.ca

YOUTUBE SCREEN GRAB

If we were to rank food flavours that are largely hostile to our taste buds, lemons would have to rank near the top with sour keys and horseradish. But that's an admittedly sophisticated opinion, hardened by years spent emptying bowls, cups and plates. Combining flavours and whatnot.

To get to the kernel of a lemon's appeal, we need to return to ground zero for citrusy flavour country and put them in the hands of babies. The results are obviously adorable, but there's something suspicious about the ones that appear to like it. Or perhaps they're just old souls.

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

YOUR HEALTH

President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. ***Nick A. Jerch***

#15 NPN 80041508

MIGRAINE HEADACHES

■ **In the past 10 years** I suffered a lot with migraines. I would take 4 popular pain killer and none of these worked well enough. After I found MIGRAID I was blown away as it really worked within 30 minutes with no side effects. I'm totally amazed. Absolutely floored. Michelle Woodman, 29, Crystal Falls, ON ■ **I was in the hospital for 2 weeks.** They made tests including MRIs, tried every drug they had. Nothing worked. I was praying to die. My mom found MIGRAID in the health food store. It worked in 10 minutes. I couldn't believe it. I want to express my gratitude. Christy Logue, 32, Tulsa, OK ■ **For 15 years I tried all the OTCs** as well as prescription drugs that were a lot more expensive than MIGRAID. I was pleasantly surprised about how effective it was every time within 30 minutes. Maranca Daniels, 42, Murfreesboro, TN ■ **Guarantee** printed on all boxes. Must help within 30 minutes or money refunded. Make your own test. It's risk free. Bell supplies EVIDENCE from real people. The only evidence you can trust.

SNORING? SLEEP APNEA?

#23 NPN 80027595

As recommended by Dr. Gifford-Jones M. D.
Helps to reduce the time it takes to fall asleep.

What people truly experience: In most cases also stops snoring and gasping for air (sleep apnea) first night. Stops torturing your partner all night. Good sleep prevents being tired next day. Tired people work only at half capacity. ■ **I really didn't snore or gasp for air anymore.** I sleep through the night and feel rested and refreshed in the morning. *Mark Wilson, 40, Hudson, NH* ■ **Sleep apnea capsules worked first night!** For last 15 years I had sleep apnea and my doctor made me buy a CPAP machine, which I could not use. Finally Bell #23 helped the first night and every night thereafter. Like a miracle. Unbelievable. *Karen Braun, 67, Glace Bay, NS* ■ **For 20 years I was waking up frequently gasping for air.** During the day I would start napping every time I would sit down, because I was tired. Since taking Bell #23 sleeping 6 hours is heaven. It made a substantial change in my life. *Mary C. Myrick, 62, Jackson, MS* ■ **It is such a joy not having to use the CPAP machine.** I have had sleep apnea for 10 years. Using Bell#23, my wife says there is no more snoring or stoppage of breathing. It is such a joy to be able to roll to left or right with no hose or mask to deal with. Thank you Bell for a great relief. I suggest anyone with these problems to try it. You will be overjoyed with the results. *Wayne Burse, 63, Beamsville, ON.*

#24 NPN 80043542

Allergies are a modern epidemic

By Dr. Chakib Hammoud, M.H.,PhD.

What people experience: ■ **I tried numerous other remedies all my life that were not effective.** Since I discovered #24 I do not have a stuffy nose and itchy eyes when pollen season comes around. I don't have to walk around like a doped zombie anymore. *Leonard Waldner, 44, Delia, AB* ■ **For 20 years my life was miserable** with sneezing, watery eyes and sinus pressure year-round on most days. I was amazed. On 3rd day all allergies were gone. It was like magic. *Becky Gerber, 25, Dover, OH* ■ **Golfing without allergy attacks** I tried all the medications and none worked. After taking 1 capsule in the morning I'm completely free of all symptoms. *Richard Gamez, 74, San Antonio, TX*

100% Truthful testimonials with full name and towns. Real people you can call, if you want more reassurance. More testimonials on the Bell website. No money is paid for testimonials.To ensure this product is right for you, always read label and follow the instructions.

Try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard.

BELL **1-800-333-7995**
www.BellLifestyle.com

Bell uses the power of nature to help put life back into your lifestyle

#60 NPN 80044199

ACNE
Eczema & Psoriasis

Alternative for skin conditions such as Eczema, Psoriasis.

Actual Results. ■ **After 1 week** my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell #60 **"saved my life"**. My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. *Zach Lustgarten, 18, Oshawa, ON*

RED NOSE/CHEEKS ROSACEA gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. *Donald E. Gillespie, 56, Innisfil, ON*

PSORIASIS ■ **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. *Jessica Shantz, 25, Dawson Creek, BC*

ECZEMA For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell #60 for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. *Andy Yuen, 58, Vancouver, BC*

BEING VERY TIRED?
Middle-Age Energy Booster

#65 NPN 80044126

Doctors on the Dr. Oz TV Show said that the most frequent complaint they get is "Being Very Tired", some call it fatigue. They have no energy or interest to do anything. More food is not the answer. Drugs are not the answer either as the Johns Hopkins Medical School puts it: "The fact is, all medicines, whether OTC or prescription, carry some risk". **It needs a "key" to rejuvenate your own natural systems** that fell asleep. Bell provides that key with natural ingredients: Selenium, amines like spermine and spermidine, which are found in radishes, cucumbers and oats as well as all human cells. Nothing could be more natural than topping off that supply. There is no risk. The Wayne State University researched these ingredients for years and Bell guarantees your satisfaction. **It is all right to be skeptical** and for that reason we show a few results below and have hundreds more, if you go on our website under #7 Erosyn, which has exactly the same ingredients. This rejuvenation means that most men and women may have youthful feelings again for their partner. Those who want it can resume their intimate relationship. We supply the proof that it works. **If incontinence plays a role:** McMaster University says that 65% of middle-aged women suffer with incontinence and this is the main reason why many withdraw from intimacy. This can be overcome within days by drinking the Bell Bladder Control Tea #4b available in the same stores as #65. No more rushing to the bathroom and no padding or diapers needed anymore. Many people wrote we changed their lives.

■ **Bell Middle Age Energy Booster changed our lives.** All I can say is am very satisfied and so is my lovely wife. I am so happy I have my youthful energy back. My wife thanks you too. Raoul Martin, 52, Woodstock, ON ■ **I should have started using Bell #65 years ago,** I should have started using Bell #65 years ago, when I noticed things were starting to slack off. The results were much better than I ever hoped for. David Buckley, 42, Peterborough, ON ■ **Being in my forties I felt a loss of energy and zest for life.** I have tried every product on the market. This Bell #65 is the best preparation for aging people. A. J. Carisse, 44, Fredericton, NB

#70 NPN 80041845

Inflammexx

An anti-inflammatory to help joint pain.

By Dr. Chakib Hammoud, M.H.,PhD.

People write us it helps with all types of inflammation: ■ **For the last 7-8 years I had inflammation in my spine L4 & L5,** back and neck muscles that was unbearable and almost crippled me. After starting #70 for 30 days it gave me relief like a miracle. Most pain has disappeared and I can function again. Heather Tremblay, 53, Medicine Hat, AB ■ **Had "Charlie horses" bumps on my legs that were very painful.** I tried everything. After taking #70 the bumps diminished and I had no more pain. Mary Griego, 67, Tijeras, NM ■ **I had shingles for 30 years. After taking #70** for my shingles I discovered it also relieved my frozen shoulders. I can now raise my arms above my head, exercise and do all work again. I am ecstatic. Lovorn M. Bowe, 60, Roanoke, VA ■ **Big difference in chronic nerve pain** I suffered for 15 years all over my body, especially sciatica, osteoporosis, gout. I had great relief within 1 week. Cecile Sager, 69, Verner, ON ■ **Inflamed achilles tendon relief in 2 weeks.** I am back on the court playing basket ball. Inflammexx is amazing. Alan R. Spady, 67, Bothell, WA

AVAILABLE HERE IN REGINA: **Old Fashion Foods** 3980 Albert St.; **Old Fashion Foods** 4123 Rochdale Blvd.; **Old Fashion Foods** 447 Albert St.; **Old Fashion Foods** 501 Victoria Ave.; **Old Fashion Foods** 520 University Park Dr.; **Sangster's Health Centre** Southland Mall, 2719 Gordon Rd.; **Sangster's Health Centre** Victoria Square Mall, 2223 Victoria Ave E.04 Broadway St. W.; **Nutter's Bulk & Natural Foods** 320 Broadway St. W.; **Sangster's Health Centre** Parkland Mall 277 Broadway St. E.;

See that symbol? It means you can scan the photo below with your Metro News app to see a video clip of Tom Welling and Kevin Costner in Draft Day

This Draft Day is full of drama

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Denis Leary, Frank Langella and Kevin Costner star in Draft Day, which opens today.
CONTRIBUTED

Synopsis

On the day of the NFL Draft, Cleveland Browns general manager Sonny Weaver Jr. (Kevin Costner) is faced with some tough choices. His team is not doing well, sports radio talking heads are beating him up for ruining the franchise his late father — the legendary coach Sonny Weaver Sr. — built up and his girlfriend (Jennifer Garner) is angry with him. His future and possibly the future of the team hinges on one deal: a massive trade for hotshot quarterback Bo Callahan (Josh Pence).

- Richard: ●●●○○
- Mark: ●●●●○

Feelings in football. Kevin Costner brings heart to this film about a down-on-his-luck NFL general manager hinging his future on one big trade

Richard: Mark, the message behind Draft Day is that technical ability is one thing, but heart is more important. It's a key message for the story. This movie works well because it has heart like the players Costner's character tries to recruit.

Mark: Which makes the movie the opposite of Moneyball, which celebrates rationality and scientific method. But there were other reasons I liked the movie. Having it take place on one day gives the film an urgency. And there were some nice directorial flourishes, too. I haven't seen split screen used so well. And let's not forget a strong supporting cast.

RC: Like Moneyball, Draft Day scores authenticity points by casting a number of sports figures and insiders playing themselves, but you're right, the supporting cast scores a touchdown. I enjoyed Frank Langella playing the anything-for-a-buck owner of the Browns. Of course, this really is Costner's movie. He's always easy to watch, but particularly so when he's in sports movies.

MB: And it's hard to watch Costner without thinking about his iconic sports role in Field of Dreams. This is often where players wind up — as coaches and managers. So there's a through line to the character to appreciate. But I am not a football fan. So all the negotiations were like watching a game of chess without any idea how the pieces are moved. Could you follow the technical details of the trades? Or were you wishing for subtitles?

RC: Subtitles might have helped, but it didn't matter if I followed the intricacies because I think the emotion that comes with changing someone's life by drafting them into the NFL — I found those scenes powerful.

MB: Ivan Reitman sometimes lapses into sentiment and bathos, but he keeps these tendencies in check. I was also impressed at the sure handed direction. Reitman's working at the top of his game.

NOW OPEN!
Da Pizza 'n' Curry Express

This unique restaurant is one of a kind in Regina serving authentic Pizzas and Northern & Southern Indian Cuisine! We also serve vegan and gluten free menu options.

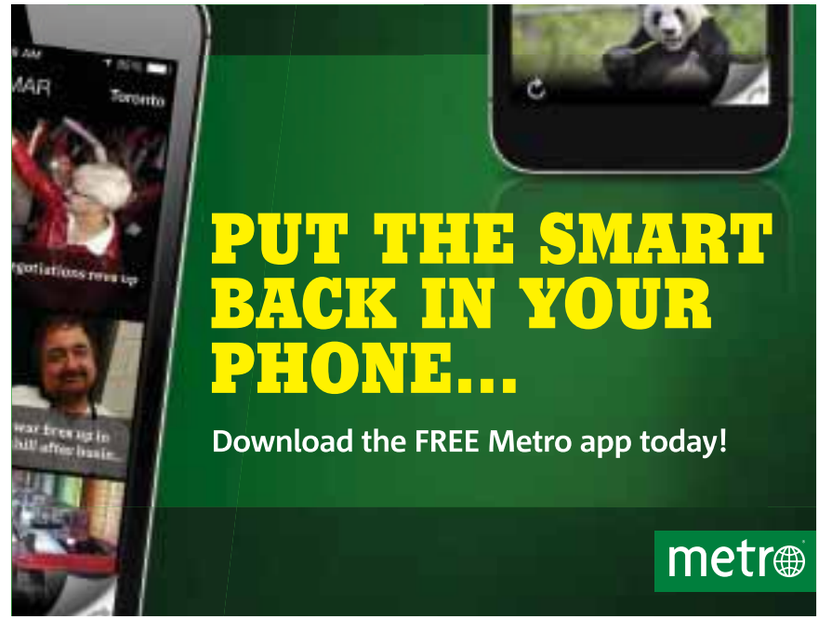
At Da India Curry and Vegetarian Restaurants we take pride in bringing the original distinctive flavours of Indian Cuisine - a wide selection of dishes which uses a fresh mix of herbs and spices.

DINE IN, TAKE OUT & DELIVERIES

Da Pizza 'N' Curry Express
221 Victoria Ave
306.206.1111

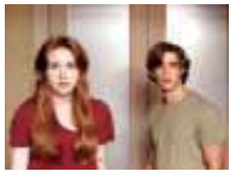
Da India Curry House
806 Victoria Ave
306.522.1331

Da India Vegetarian
227 Victoria Ave
306.206.1314



Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh: Fresh: Rotten: Audience response: Audience anticipation for the film:* +

Drama/Horror



Oculus

Director. Mike Flanagan

Stars. Karen Gillan, Brenton Thwaites

Ten years ago, tragedy struck the Russell family, leaving the lives of teen siblings Tim and Kaylie forever changed when Tim was convicted of the brutal murder of their parents. Now in his 20s, Tim is newly released from protective custody and wants to move on with his life. But Kaylie is convinced her parents' deaths were caused by the Lasser Glass, an antique mirror in their childhood home.

Rotten Tomatoes™ score
Critics: 89% **Audience:** + 94%

Action/Adventure

The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yahan Ruhian

He thought it was over. After fighting his way out of a building filled with gangsters and madmen, rookie Jakarta cop Rama thought it was done and he could resume a normal life. He couldn't have been more wrong. Formidable though they may have been, Rama's opponents in that fateful building were nothing more than small fish swimming in a pond much larger than he ever dreamed possible.

Rotten Tomatoes™ score
Critics: 76% **Audience:** 94%

Animation

Rio 2

Director. Carlos Saldanha

Stars. Anne Hathaway, Jesse Eisenberg

It's a jungle out there for Blu, Jewel and their three kids in RIO 2, after they're hurtled from that magical city to the wilds of the Amazon. As Blu tries to fit in, he goes beak-to-beak with the vengeful Nigel, and meets the most fearsome adversary of all — his father-in-law.

Rotten Tomatoes™ score
Critics: 60% **Audience:** + 96%

Drama

The Selfish Giant

Director. Clio Barnard

Stars. Conner Chapman, Shaun Thomas

The Selfish Giant is a contemporary fable about 13-year-old Arbor (Conner Chapman) and his best friend Swifty (Shaun Thomas). Excluded from school and outsiders in their own neighbourhood, the two boys meet Kitten (Sean Gilder), a local scrap-dealer — the Selfish Giant. They begin collecting scrap metal for him using a horse and cart.

Rotten Tomatoes™ score
Critics: 97% **Audience:** 85%

Horror/Thriller

Afflicted

Director. Derek Lee, Clif Prowse

Stars. Baya Rehaz, Clif Prowse

This terrifying horror thriller follows two best friends who set out on the trip of a lifetime around the world. Their journey, documented every step of the way, soon takes a dark and unexpected turn after an encounter with a beautiful woman in Paris leaves one of them mysteriously afflicted.

Rotten Tomatoes™ score
Critics: 89% **Audience:** + 91%

Documentary

Island of Lemurs: Madagascar

Director. Frank Pavich

Stars. Alejandro Jodorowsky

Morgan Freeman narrates the IMAX 3D documentary Island of Lemurs: Madagascar, the incredible true story of nature's greatest explorers — lemurs. Island of Lemurs: Madagascar takes audiences on a spectacular journey to the remote world of Madagascar. Lemurs arrived in Madagascar as castaways millions of years ago and evolved into hundreds of diverse species but are now endangered.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 86%

STARTING MONDAY YOU COULD

WIN

A TV AND HOME THEATRE SYSTEM!

Download the latest version of the Metro App on your mobile device now, and get ready to play!

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

CELEBRATE | **REMEMBER** | **FIGHT BACK**

Saskatoon – June 13, 2014
Regina – June 20, 2014

Events will also be held in:

Assiniboia
Battlefords
Estevan
Kindersley
Lloydminster
Lumsden
Meadow Lake
Moose Jaw
Nipawin
Preeceville
Prince Albert
Rosetown
Shaunavon
Swift Current
Wilkie
Yorkton

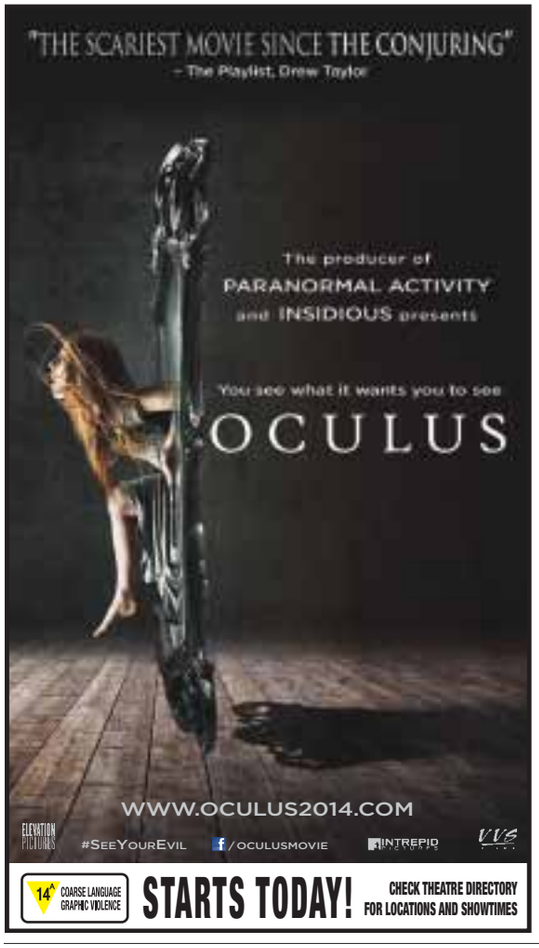
Check the website for dates.

Join Relay For Life now. Be part of the biggest cancer fundraiser and make the biggest impact in the fight against cancer.

Celebrate survivors, remember and honour loved ones, and fight back against cancer. Join your community and make a difference.

Register. Volunteer. Donate.

Find out more at **relayforlife.ca/sk**



THESE PAGES COVER MOVIE START TIMES FROM FRI., APR. 11 TO THURS., APR. 17. TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

300: Rise of an Empire (18A) Fri-Sun 10:15 Mon-Thu 8:05
Bad Words (14A) Fri 7:25-9:40 Sat-Sun 1:20-4:10-7:25-9:40 Mon-Thu 6-8:45 Star & Strollers Screening Wed 1:30
Captain America: The Winter Soldier (PG) No Passes Fri 6:30-9:30 No Passes Sat-Sun 12:10-3:15-6:30-9:30 No Passes Mon-Tue 7:30 No Passes Wed 2-7:30 No Passes Thu 7:30
Captain America: The Winter Soldier 3D (PG) No Passes Fri 7-10 No Passes Sat-Sun 12:45-3:45-7-10 No Passes Mon-Tue 5:20-8:15 No Passes Wed 1:40-5:20-8:15 No Passes Thu 5:20-8:15
Divergent (PG) Fri 6:40-9:45 Sat-Sun 12:20-3:25-6:40-9:45 Mon-Tue 5:25-8:25 Wed 1:50-5:25-8:25 Thu 5:25-8:25
The LEGO Movie (G) Fri 7:50 Sat-Sun 12:35-3-5:25-7:50 Mon-Tue 5:45 Wed 1:50-5:45 Thu 5:45
Muppets Most Wanted (G) Fri 7:10-9:50 Sat-Sun 12:50-4:20-7:10-9:50 Mon-Tue 5:35-8:10 Wed 2:10-5:35-8:10 Thu 5:35-8:10
Need for Speed 3D (PG) Fri 7:15-10:10 Sat-Sun 1-4-7:15-10:10 Mon-Tue 5:40-8:35 Wed 2-5:40-8:35 Thu 5:40-8:35
Noah (STC) Fri 6:50-9:55 Sat-Sun 12:30-3:35-6:50-9:55 Mon-Tue 5:30-8:30 Wed 1:40-5:30-8:30 Thu 5:30-8:30
Non-Stop (PG) Fri 7:30-10:05 Sat-Sun 1:10-4:35-7:30-10:05 Mon-Tue 5:50-8:20 Wed 2:10-5:50-8:20 Thu 5:50-8:20
Rio 2 (G) No Passes Sat-Sun 12 Star & Strollers Screening, No Passes Wed 1:30
Rio 2 3D (G) No Passes Fri 7:40-10:15 No Passes Sat-Sun 2:35-5:05-7:40-10:15 No Passes Mon-Thu 5:55-8:40

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

The Battery (PG) Thu 7:30
Captain America: The Winter Soldier (PG) No Passes Fri 3:40 No Passes Sat-Sun 12:20-3:30
Captain America: The Winter Soldier 3D (PG) No Passes Fri-Sat 6:40-9:50 No Passes Sun 6:40-9:45 No Passes Mon 6:50-9:50 No Passes Tue 3:50-6:50-9:50 No Passes Wed-Thu 6:50-9:50 No Passes Fri 4:10-7:20-10:30 No Passes Sat-Sun 1-4:10-7:20-10:30 No Passes Mon 7:20-10:20 No Passes Tue 4:20-7:20-10:20 No Passes Wed 7:20-10:20 No Passes Thu 7:35-10:40
City of Ember (PG) Sat 11
Divergent (PG) Fri 4:20-7:30-10:35 Sat 1:10-4:20-7:30-10:35 Sun 12:50-4-7:10-10:15 Mon 7:05-10:10 Tue 4-7:05-10:10 Wed 7:05-10:10 Thu 10:05
Draft Day (PG) Fri 5:20-8-10:40 Sat 11:55-2:40-5:20-8-10:40 Sun 12-2:35-5:10-7:45-10:25 Mon 7:40-10:20 Tue 5:05-7:40-10:20 Wed 7:40-10:20 Thu 7:55-10:35
The Grand Budapest Hotel (14A) Fri 5:15-7:50-10:20 Sat 12:15-2:45-5:15-7:50-10:20 Sun 4:55-7:30-10 Mon 7:50-10:15 Tue 5:25-7:50-10:15 Wed 7:50-10:15
Heaven Is for Real (G) No Passes Wed-Thu 7:25-9:55
Mr. Peabody & Sherman (G) Sat 11:40 Sun 1:45
Mr. Peabody & Sherman 3D (G) Fri 4:45-7:10-9:35 Sat 2:15-4:45-7:10-9:35 Sun 4:20-7-9:25 Mon 7:25-9:45 Tue 5-7:25-9:45
Noah (STC) Fri 3:55-7-10:05 Sat 12:50-3:55-7-10:05 Sun 12:45-3:50-6:55-9:55 Mon 7:10-10:10 Tue 4:05-7:10-10:10 Wed 7:10-10:10 Thu 7:15-10:15
Oculus (14A) Fri 5:30-8:05-10:40 Sat 12:10-2:55-5:30-8:05-10:40 Sun 12:15-2:45-5:20-7:55-10:25 Mon 7:55-10:25 Tue 5:20-7:55-10:25 Wed 7:55-10:25 Thu 8:10-10:45
Rio 2 (G) No Passes Fri 4:05-6:45-9:20 No Passes Sat 12-2:30-5:05-7:40-10:15 No Passes Sun 1:30-4:05-6:45-9:20 No Passes Mon 6:55-9:20 No Passes Tue 4:30-6:55-9:20 No Passes Wed-Thu 6:55-9:20
Rio 2 3D (G) No Passes Fri 5:05-7:40-10:15 No Passes Sat 1:30-4:05-6:45-9:20 No Passes Sun 12-2:30-5:05-7:40-10:10 No Passes Mon 7:35-10 No Passes Tue 5:10-7:35-10 No Passes Wed 7:35-10 No Passes Thu 7:45-10:20
Royal Opera House - The Sleeping Beauty (STC) Sun 12:55
Transcendence (PG) Thu 8-10:45

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flight of the Butterflies 3D (STC) Fri 1-3:30 Sat-Sun 3:30 Tue 2:15 Wed-Thu 1
Island of Lemurs: Madagascar (G) Fri 2:15-4:45-7 Sat-Sun 1-2:15-4:45-7 Tue 1-3:30 Wed 2:15-3:30 Thu 2:15-3:30-4:45-7
No Films Showing Today (STC) Mon

Golden Mile
3806 Albert St.

12 Years a Slave (14A) Fri 1:10-3:50-6:30 Sat-Sun 1:10-3:50 Mon 1:10-3:50-9:10 Tue-Thu 1:10-3:50-6:30-9:10
3 Days to Kill (14A) Fri-Thu 1:20-3:45-6:35-9:10
About Last Night (14A) Fri-Thu 9:25
Bhoothnath Returns (STC) Fri-Sat 9:10 Sun 6:20-9:10
Frozen (G) Fri-Thu 1:25-4-6:45
The Monuments Men (PG) Fri-Thu 1:10-4-6:40-9:15
The Nut Job (G) Fri-Thu 1:30-4:05-7:05
Pompeii (STC) Fri-Thu 1:15-3:50-6:50-9:15
Ride Along (PG) Fri-Thu 9:20
The Selfish Giant (14A) Fri-Thu 1:15-6:30
That Awkward Moment (14A) Fri-Thu 1:20-4:10-7-9:20
Le Week-end (PG) Fri-Thu 3:55-9:25

Regina Public Library Film Theatre, 23 11 12th Ave.

Amazing Grace (PG) Wed 7
Bad Seed: A Tale of Mischief, Magic, and Medical Marijuana (STC) Sat 7 Sun 9
Escape From Tomorrow (14A) Fri 9
The Great Beauty (14A) Thu 9
No Films Showing Today (STC) Mon-Tue
Particle Fever (STC) Thu 7
Royal Opera Puccini Tosca (STC) Sat-Sun 2
Tim's Vermeer (G) Fri 7 Sat 9 Sun 7

Lena Dunham GETTY IMAGES

Dunham was crushed to realize she's straight

While being honoured at the Point Foundation awards earlier this week, Dunham praised her lesbian sister and admitted to a tinge of sexual orientation-centred jealousy, according to E! Online. "I have always felt a strong and emotional connection to the members of the LGBTQ community," Dunham says. "It was actually a huge disappointment for me when I came of age and realized that I was sexually attracted to men. So when my sister came out I thought, 'Thank God, someone in this family can truly represent my passions and beliefs.'"

Katherine Heigl GETTY IMAGES

Heigl sues chain over tweeted pic

Katherine Heigl is suing New York pharmacy chain Duane Reade for tweeting about her, according to Entertainment Tonight. Heigl apparently wasn't too thrilled when the chain posted a photo of her near one of their stores to its Twitter and Facebook accounts. "Duane Reade is liable for not less than $6 million in compensatory and punitive or treble damages," a suit filed by Heigl reads. The photo, taken by paparazzi without Heigl's permission, was posted with the caption, "Even (Heigl) can't resist shopping NYC's favorite drugstore." The proceeds from any legal victory for the actress would go to charity. **METRO WORLD NEWS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Naya Rivera, Big Sean put the 'ex' in Rolex

MELINDA TAUB
Metro World News

Naya Rivera and Big Sean have called off their engagement. But their breakup is no placid, cordial conscious uncoupling. It's more of a tweet-accusations-of-theft kind of uncoupling.

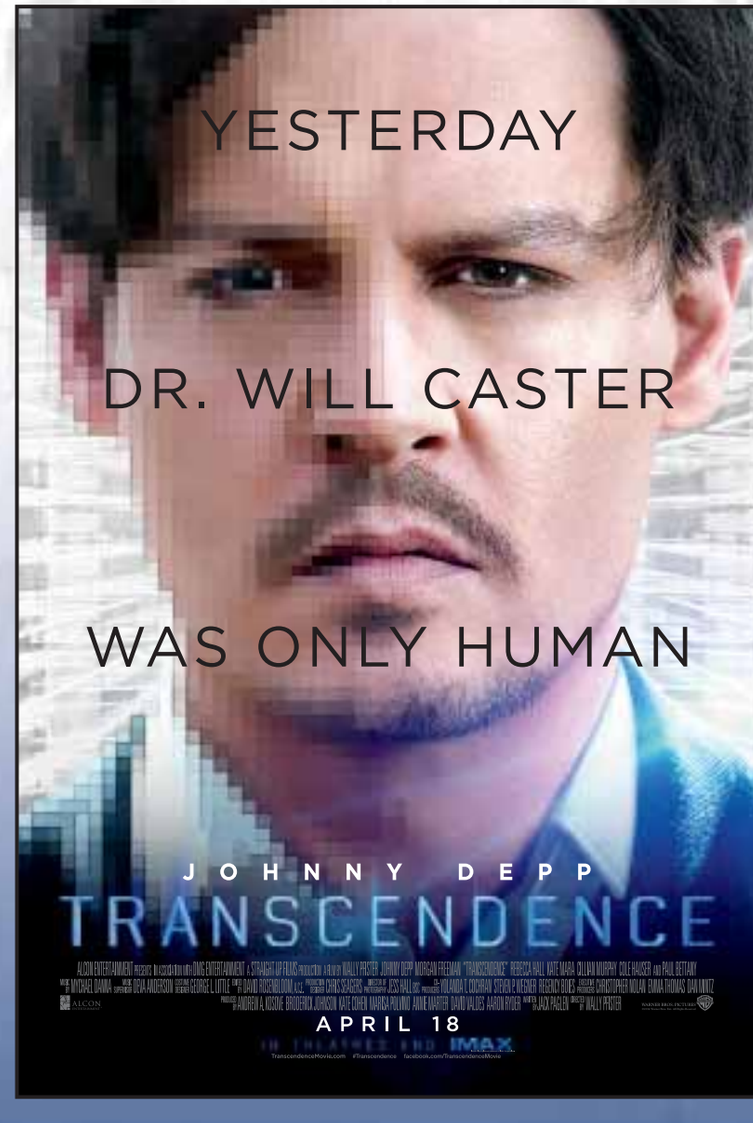
Rapper Big Sean's rep said that it was his decision to call off the engagement, denying rumours that he'd cheated. Sources told TMZ that he called things off because Rivera, who stars on Glee as Santana, was too controlling and jealous.

Rivera herself felt no need to get her side of the story out through anonymous sources: She went straight to the Internet. In a now-deleted tweet, she wrote, "@bigsean stealing rolexes from a lady's house now. Maybe cuz I'm on Glee and making more money or something. #triflin."

Burn! But the story doesn't end there. Sources told TMZ that the watch was actually Sean's and he just lent it to Rivera. We look forward to more deleted tweets in response.

Regardless, neither is likely to languish in singlehood for long: Rivera seems to have gone up a cup size or two of late. And hey, Big Sean has a Rolex now.

YOU COULD WIN TICKETS TO SEE

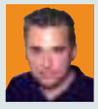


VISIT clubmetro.com TO ENTER

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of majority (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Prizes are available to be won, consisting of two tickets to see 'Transcendence' during it's run of engagement (approximate retail value $26). Skill testing question required. Contest closes April 11, 2014 at 11.59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

Liquid Assets

Cali knows how to party...



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

The California Wine Fair has begun its annual trek across the country. It's always a classy night out, and fans of The Golden State will get to wet their whistle with a wide variety of wines from many of Cali's prime wine regions.

Though the Napa and Sonoma Valleys made it famous, California has almost 150 American Viticultural Areas (AVAs). These AVAs define each wine's geographical origin and where grapes that made the juice were grown.

Paso Robles may not be the easiest region to pronounce (it's pah-sow-row-bless), but it's producing some of the most original wines on the U.S. west coast from dozens of different grape varieties. Located between Los Angeles and San Francisco, it's also the home to many of Cali's most straight forward and consistent whites and reds made from mainstream fruit.

Liberty School's 2010 Cabernet Sauvignon ($19.99 - $21.99) is a gutsy, dark berry-driven red that makes a great pairing with everything from pepper steak to casual meats.

For more on fair dates head to calwine.ca. **PRICES REFLECT RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Serving up a fancy meal that will impress the toughest critics doesn't have to take much effort. Annabel Langbein, who brings good food into today's fast-paced world, shows us how with a spring-friendly recipe from her cookbook The Free Range Cook

Complementary flavours: Lamb Racks with Salsa Verde

Condiment

Salsa Verde

- 1 1/2 cups (2 handfuls) parsley leaves, de-stemmed
- 1 handful (about 40) chives, chopped
- 1 cup extra virgin olive oil
- 1/4 cup capers
- 3 cloves garlic
- 4 tbsp lemon juice
- 2 tsp Dijon mustard
- ground black pepper
- 1/4 small red onion, chopped
- 1 small tin (8-10) anchovies, drained
- yolk of one hard boiled egg

Purée all the ingredients in a food processor until smooth.

Salsa Verde keeps in a covered jar in the fridge for about a week or it can be frozen.

ANNABEL LANGBEIN, GUSTOTV.COM

Makes 2 cups. ANNABEL LANGBEIN

This recipe serves six. ANNABEL LANGBEIN

THE FREE RANGE COOK
Annabel Langbein
gustotv.com

1. Rub the lamb all over with Salsa Verde (see left) and season with salt and pepper. Cover and stand for at least 30 minutes, or refrigerate for up to 12 hours. If you do put the lamb in the fridge, take it out 30 minutes before cooking so it can reach room temperature before going into the oven.

2. When you are ready to eat, preheat oven to 230 C. Transfer lamb to an oven tray or heavy cast iron dish and roast for 16-20 minutes or until it is done to your preference. Remove the dish from the oven, cover it with aluminum foil and then place a couple of clean cloths over the top to keep it warm while it rests for 10-15 minutes.

3. Slice between ones to separate lamb rack into cutlets and serve accompanied by an extra dish of Salsa Verde.

WATCH THE ANNABEL LANGBEIN FREE RANGE COOK MONDAY TO THURSDAY AT 5:30 P.M. EST, STARTING APRIL 28 ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.

Ingredients

- 3 lamb racks, trimmed, or 6 lamb back straps or 3-4 lamb rumps
- 4 tbsp Salsa Verde
- flaky salt and ground black pepper

GustoTV

New Zealand's Annabel Langbein is one of the great culinary masters airing on GustoTV. Canada's newest TV channels, Gusto features cooking and culinary travel shows each night, hosted by chefs and foodies from around the world, as well as here at home. For more details, check your local listings or visit gustotv.com.

Dessert. Espresso Hazelnut Ripple

1. Line a shallow baking tray or roasting dish measuring at least 35 x 25cm with baking paper.

2. Roast the hazelnuts at 180 C for 12-15 minutes until they smell aromatic. Allow to cool and then rub off the loose skins in a clean tea towel. (Don't worry about doing a perfect job — they don't need to be fully skinned).

3. Place the white chocolate in a double boiler or microwave and melt (if using a microwave, heat for about 2 minutes, stirring after 1 minute and then every 30 seconds until chocolate is melted and smooth). Melt the dark chocolate in a separate bowl, using the same method. It tends to take a little longer.

4. Mix most of the hazelnuts into the melted white chocolate. Roughly mark 5 long rows onto the lined tray. Spread the white chocolate mix into the 2nd and 4th rows. Sprinkle extra nuts where needed.

Ingredients

- 1 1/2 cups shelled hazelnuts or other nuts
- 375 g white chocolate
- 375 g best quality dark chocolate
- 2 tsp finely ground espresso coffee beans

5. Mix ground coffee into the dark chocolate. Spread mixture into the other 3 rows. Pull a knife across the rows 3 or 4 times each way to create swirls.

6. Chill until set and break into chunks. Serve on a platter with coffee or fresh berries.

ANNABEL LANGBEIN, GUSTOTV.COM

This recipe serves 10 to 12. ANNABEL LANGBEIN

Making Haaste to the top of the Masters leaderboard

The Masters. Bill Haas attempting to win green jacket for his golfing family

With dad in his ear, Bill Haas turned in the best round of his Masters career Thursday.

Now he wants to do what his father never could — finish the job.

Haas birdied the final hole for a 4-under 68 and the opening-round lead, the first time he has broken 70 in five appearances at Augusta National.

His father, Jay, played in the Masters 22 times, with five top-10 finishes topped by a tie for third in 1995. He is staying with his son this week and providing valuable advice on the practice range.

"I never remember thinking, 'Man, I wish I could hit this shot for my dad,'" Bill Haas said. "But I do know that there's times I'm like, 'I wish my dad could hit this shot for me.'"

Jay Haas never won a major despite having plenty of success on the PGA Tour.

Maybe his 31-year-old son can take care of that family oversight.

"I think he deserves a major in his career as good as he played," Bill Haas said.

Defending champion Adam Scott has his major title and got off to a strong start in his quest to stay dressed in green.

Scott rolled in a testy putt to save par at the 18th, and finished with a 69, one shot off the lead.

"It was a nice way to walk off, not shooting 70," Scott said.

Louis Oosthuizen and Bubba Watson, another owner of a green jacket, matched Scott with a 69.

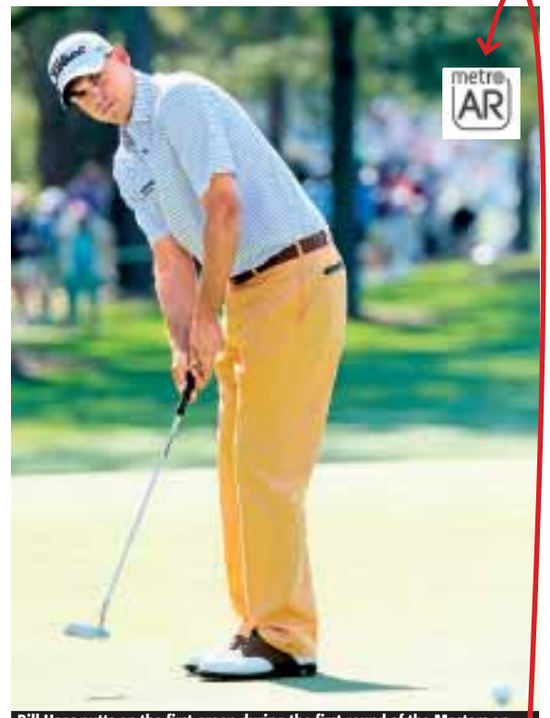
Playing in their first Masters, Jimmy Walker, Kevin Stadler and Jonas Blixt were among those shooting 70, making their way around the course just fine despite some unfamiliarity with the revered layout. THE ASSOCIATED PRESS

Graham DeLaet of Weyburn, Sask., lines up a putt during the first round of the Masters on Thursday. ANDREW REDINGTON/GETTY IMAGES

Canadians in Augusta

It was a tough first round for Graham DeLaet of Weyburn, Sask. DeLaet bogeyed six of his first seven holes and opened at 8-over 80.

- Mike Weir of Bright's Grove, Ont., who won the green jacket in 2003, shot a first round of 1 over.



Bill Haas putts on the first green during the first round of the Masters on Thursday in Augusta, Ga. Haas is trying to do what his father, Jay, couldn't do — win a major. He is in good position after a 4-under 68 for the opening-round lead. Scan the above image using the Metro News app to view a photo gallery of other golfers on the greens, as well as a couple of celebrities cheering on their significant others. ANDREW REDINGTON/GETTY IMAGES

NHL. Shanny reportedly joining Maple Leafs brass

Several media reports say NHL disciplinarian Brendan Shanahan will become the new president of hockey operations for the Toronto Maple Leafs.

Shanahan, who was born in Toronto, played in the NHL for 22 years and was inducted into the Hockey Hall of Fame in 2013.

The 45-year-old retired as a player in 2009 and joined the NHL's executive as vice president of hockey and business development a month later.

On June 1, 2011, Shanahan replaced Colin Campbell as the league's chief disciplinarian, helping the NHL crack down on illegal plays.

THE CANADIAN PRESS

MMA

Surgery a success GSP proclaims

Former UFC champion Georges St-Pierre says his knee surgery went well and the rehab that looms ahead won't impact his decision on whether to return to mixed martial arts competition. The 32-year-old Montreal fighter's left knee was operated on Wednesday in Los Angeles.

THE CANADIAN PRESS

CFL. Centre Norman signs on dotted line with Lions

The B.C. Lions signed centre Matt Norman to a contract extension Thursday.

The Chateauguay, Que., native is under contract to the through the 2016 season. The Lions selected Norman in the third round, No. 22 overall, in the 2012 CFL draft out of the University of Western Ontario.

"Matt has shown tremendous progress and maturity in his first two seasons playing one of the most important positions on the field," Wally Buono, the Lions' VP of football operations, said in a statement. "His extension along with our recent signing of Hunter Steward and the return of Kirby Fabien means the future of our offensive line is in good hands.

THE CANADIAN PRESS

4 SPORTS

1KHAN DRIVING INC.
CLASS 5 DRIVER TRAINING SCHOOL
6 & 6 COMMERCIAL PROGRAM
6 HOURS CLASSROOM EVERY WEEKEND
Call: (306) 570-8795
khandriving.ca

Jade Smoker's Corner Tobacconist
E-Cigarette & Vaping HEADQUARTERS
Featuring
Jet & VAPORX
Rechargeable systems
E-JUICE too!
1230 Broad St. - Value Mall Regina, Sask.
306-757-2022 ph/fx - jadesc@sasktel.net

REGINA SPORTS NEWS FIRST
RODPEDERSEN.COM
CANADA'S #1 SPORTS BLOG

UKRAINIAN CO-OP

PORK TENDERLOIN
PLAIN OR BACON WRAPPED & SEASONED
REG. $6.50/LB. $4/LB.

BEEF TENDERLOIN
PLAIN OR BACON WRAPPED & SEASONED
REG. $16.50/LB. $13.50/LB.

BONELESS RIB-EYE
PLAIN OR SEASONED
REG. $13.50/LB. $11/LB.

STUFFED PORK LOIN ROAST
REG. $6.50/LB. $4.50/LB.

BONE IN PORK CHOPS
PLAIN OR SEASONED
REG. $5.50/LB. $3.50/LB.

PRICES IN EFFECT UNTIL
TUESDAY APRIL 15

UKRAINIAN CO-OP
1805 Winnipeg Street 306-569-9510

Alfredsson's decision starting to pay off

Playoff-bound. Red Wings headed to the post-season despite injuries to star players

When Daniel Alfredsson pulled off the stunner of the NHL off-season by leaving the Ottawa Senators as a free agent, the rationale he gave was simple: He thought the Detroit Red Wings offered him a better chance to win the Stanley Cup.

At the time, skeptics looked at the Senators and questioned if that was true. They had just overcome injuries to Jason Spezza, Erik Karlsson and Craig Anderson to reach the second round of the playoffs, and even Alfredsson saw a bright future ahead.

Playing into his 40s, Alfredsson just didn't "have the time to wait for that." As a disappointing season unfolded in Ottawa, it became clear the longtime Senators captain was right, and on Wednesday night the Red Wings validated his decision to sign in Detroit by making the playoffs and giving him another opportunity to chase the cup.

"That's what you play for: to get into the playoffs," Alfredsson said after the Red Wings clinched with a shootout loss in Pittsburgh. "I played a long time in this league, I played a lot of playoff games, but I haven't won the Stanley Cup, and that's what you dream about. That's the only reason I'm still playing."

Thanks to major contributions from young players like Gustav Nyquist and Tomas Tatar, Detroit overcame injuries to the likes of Henrik Zetterberg and Pavel Datsyuk to make a 23rd consecutive playoff appearance. The Red Wings also leaned heavily on veteran defenceman Niklas Kronwall, Alfredsson and coach Mike Babcock to steady the ship. THE CANADIAN PRESS

The Red Wings' Daniel Alfredsson works against the Penguins' Brandon Sutter along the boards in Pittsburgh on Wednesday. GENE J. PUSKAR/THE ASSOCIATED PRESS

Quoted

"This group has overcome a lot of adversity and that makes it even more fun."

Daniel Alfredsson, on the Red Wings clinching a playoff berth.

Green is the colour of success.
We couldn't agree more.

Today, more of Canada's top employers are posting jobs with us. So whether you're looking to move up in your field, or master a whole new one, we can help you get there. It's what makes Workopolis Canada's number one job site.

workopolis.com #workopolis

WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Horoscopes

Aries
March 21 - April 20
The influence of Neptune, planet of deception, in your chart warns you could give away too much information about yourself. Be generous with your time and, if you can afford it, with your money but keep your secrets to yourself.

Taurus
April 21 - May 21
Why are you trying to swim against the tide when you know it's a battle you are destined to lose? You may not agree with the way things are going but you have no choice but to go with it, for now.

Gemini
May 22 - June 21
Someone you have always thought of as a rival will surprise you today by being not just friendly but also open and honest on a personal level. Is it a trick? No it is not.

Cancer
June 22 - July 23
If you want to make a success of something, get assistance. According to the planets, you have taken it as far as you can on your own. Now you must share the load with others.

Leo
July 24 - Aug. 23
Over the next week you will think more and more about your career and long-term ambitions. The need to make money may be a motivating factor but the most important thing is that do what you love.

Virgo
Aug. 24 - Sept. 23
You seem to be in everyone's good books at the moment, which makes you suspicious. The simple fact is some people like you for who you are, so stop being negative.

Libra
Sept. 24 - Oct. 23
If you say something you know to be untrue today, the planets warn you will be found out. There is absolutely no reason you should lie or give false information.

Scorpio
Oct. 24 - Nov. 22
You may not understand why so many people are singing your praises but you must have done something to warrant being the centre of attention. Milk the applause.

Sagittarius
Nov. 23 - Dec. 21
You may be on top of your game but a week or so from now your energy may dip, so don't make too many plans and certainly don't take on any more chores. If anything, you need a rest.

Capricorn
Dec. 22 - Jan. 20
Something unexpected will happen today and because you like everything to happen at the right time, chances are you will be thrown out of your stride. Good. It's not healthy to get too set in your ways.

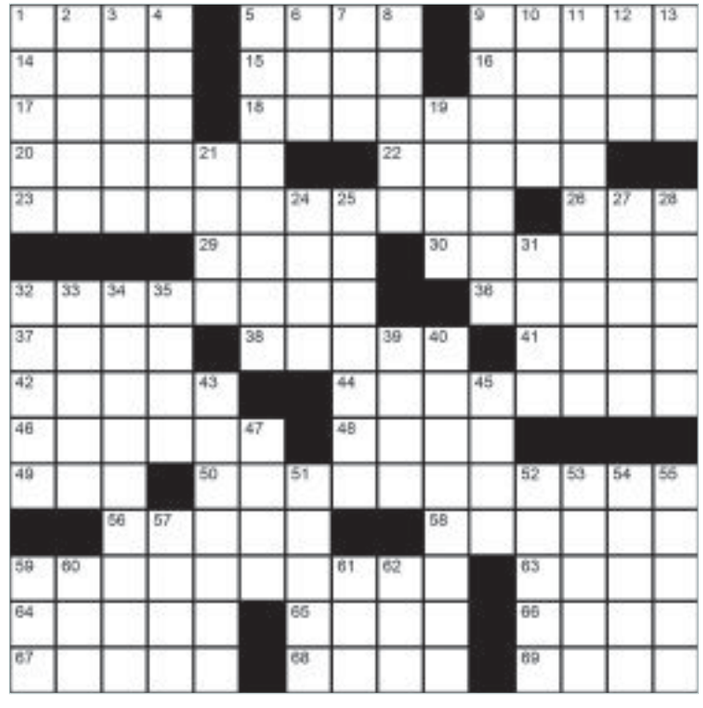
Aquarius
Jan. 21 - Feb. 19
The more open you have been in recent weeks, the more you need to spend some time by yourself now. This is a time for thinking and for coming to terms with your feelings. You can't do that at a party.

Pisces
Feb. 20 - March 20
You may have to take a detour today but that's OK. You will reach your chosen destination so don't be impatient. It's what you see and hear and feel along the way that makes the journey worth it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

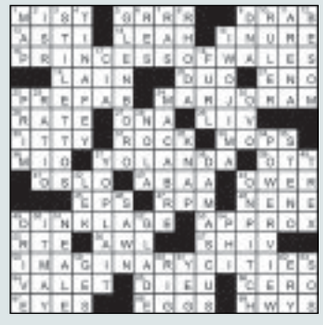
BY KELLY ANN BUCHANAN



Across
1. __. Coach
5. Actor Christian
9. __ boom
14. __ Superstack (Sudbury landmark)
15. Soprano's show-stopper
16. Actress Dianne
17. Corn: French
18. As in recent news... Vancouver Island tree which might be the second largest of its kind in Canada: 2 wds.
20. Ratify
22. Ms. Zellweger
23. Concerns for students: 2 wds.
26. Elvis record label
29. E. __ (Bacteria)
30. __ __ one's laurels
32. Ice Age creature
36. Awry
37. Turkish title, variantly
38. Actress Hilary
41. Mr. Preminger
42. Valley of BC, Bella __
44. Ontario: __ Bay, dubbed the 'sixth Great Lake'
46. __-__ dress
48. $1.00 coin bird, Common __
49. Teaching deg.
50. #43-Down's winner gets presented with a what to wear?: 2 wds.
56. Waters: Spanish
58. Get away
59. They define The Group of Seven
63. Hip-Hop house
64. Hamilton CFL player
65. Functions
66. Pretty material
67. "Later, alligator!": 2 wds.
68. Kingly address
69. Outsy opposite

Down
1. Target: 2 wds.
2. Debacle
3. Book genre
4. Learn __ __ (Dog training basic)
5. Prickly person's predispositions: 2 wds.
6. Orinoco tributary
7. Actress Lucy
8. Tidal bore
9. Toronto neighbourhood; or, Welsh city where Catherine Zeta-Jones is from
10. France/Belgium river
11. Ancient Egypt's beautiful Queen
12. Q. "__ '_' the 9th letter?" A. "Aye."
13. Midpoint [abbr.]
19. Sideways glance
21. Puerto __
24. Sugar substitute, Sweet'_ __
25. Wangle
27. __ Rica
28. Mr. Williams of "Happy Days"
31. Urban air problem
32. Twin-crystal
33. _ __ day's work
34. Reality TV 'relationship'
35. Powder
39. Inert gas
40. Nunavut: __ Inlet (Iqaluit area which was a WWII air base for the United States)
43. Golf: Masters Tournament locale in Georgia
45. Genetic stuff [pl.]
47. Ms. Ullman, for short
51. Jacob's Biblical twin's
52. Gladiator's 351
53. 'K' of DKNY
54. Sagas
55. Singer/songwriter from Burlington, ON who currently has a country version out of the Avicii hit "Wake Me Up"
57. Crocodile Dundee's 'hi'
59. Mil. officers
60. Ouch!, in French
61. Pressure meas.
62. 'Ballad' suffix

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		6		9		4	
3	4	7				6	9	8
		5	8	9	1	2		
		8	4	7	6	5		
7	9	1				8	6	5
	2		7		5		3	

Yesterday's Sudoku

6	2	5	3	1	9	7	4	8
1	8	7	2	4	6	3	5	9
3	4	9	8	5	7	1	6	2
5	3	4	1	7	8	2	9	6
8	9	1	6	2	4	5	3	7
2	7	6	9	3	5	8	1	4
9	5	2	4	8	1	6	7	3
4	1	3	7	6	2	9	8	5
7	6	8	5	9	3	4	2	1

Today
11°/-5°
Partly sunny
Saturday
-1°/-7°
Variable
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
©The Weather Network 2014

SERIOUS SAVINGS

AT BENNETT DUNLOP FORD

2014 FORD ESCAPE AWD
MSRP: $30,914 (Stk # C25590)

SALE PRICE: **$27,371***

PAYMENT: **$183*** B/W

2014 FORD FIESTA S
MSRP: $16,049

SALE PRICE: **$13,749***

PAYMENT: **$75*** B/W

UPGRADE TO

2014 FORD FIESTA SE
AUTO, AIR

PAYMENT: **$119***

2014 FORD FOCUS S
MSRP: $17,764

SALE PRICE: **$12,682***

PAYMENT: **$85*** B/W

UPGRADE TO

2014 FORD FOCUS SE
AUTO/AIR, WINTER PKG

PAYMENT: **$129*** B/W

2014 FORD FUSION S
MSRP: $24,264

SALE PRICE: **$21,919***

PAYMENT: **$143*** B/W

UPGRADE TO

2014 FORD FUSION SE
17" WHEELS, HTD MIRRORS

PAYMENT: **$159*** B/W

WITH THE PURCHASE OR LEASE OF MOST NEW 2014 CARS, CUVs AND SUVs
MAXIMUM LITRE LIMIT VARIES BY MODEL (1,500L ON ESCAPE/FUSION. UP TO $825 VALUE.)

+

AS LOW AS **0%** (2) APR

PURCHASE FINANCING

ON SELECT NEW **FUEL-EFFICIENT** 2014 MODELS

— PLUS —

ONLY AT BENNETT

Already own or trading in a similar Car or SUV?

Receive up to an **ADDITIONAL $1,500 OFF†** your purchase price.

306.522.6612 • bennettdunlopford.com

770 Broad Street, Regina

Ford BennettDunlopFord

Driving Change

*All pricing is based using all Ford of Canada rebates. Pricing excludes dealer installed options and freight. All vehicles are based on a bi-weekly payment over 84 months using Ford of Canada's posted A.P.R's OAC. Prices are plus applicable taxes. All payments are O.A.C. (1) "Lock in at 95¢" offer only available at participating Ford dealers with the purchase or lease of a new 2014 Fiesta, Focus, CMAX Hybrid, Fusion Hybrid (up to 1,000 litres); Fusion, Mustang, Taurus, Escape (up to 1,500 litres); and Flex, Explorer, Edge, Expedition (up to 2,000 litres) – all diesel models are excluded. See dealer for more details. (2) Until April 30, 2014, receive 0% APR purchase financing on new 2014 Edge models for up to 48 months, Taurus and Escape models for up to 60 months, and Ford Focus (excluding BEV) and Fiesta models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. † Up to $1,500 is based using the $750 Ford Conquest or Loyalty Bonus, plus an additional $750 from dealer when customer trades in Conquest or Loyalty vehicle. Some exclusions may apply- see dealer for complete details. Photos are for illustration only. See dealer for complete details. **WE DO NOT CHARGE ADMIN FEES! DL#916407**